



# The Chain of Concern

May/June 2006

The Maine National Guard Family Program Newsletter



This publication and any events/special offers in it are for ALL Military families. Being involved **now** makes a deployment later much easier. Being involved now, helps to support others who may be facing deployment.

**Family Assistance Center Phone Number**

**1-888-FMLY-CTR (1-888-365-9287)**

**[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) Email: [mefacpublic@me.ngb.army.mil](mailto:mefacpublic@me.ngb.army.mil)**



## Welcome Home 152<sup>nd</sup> Maintenance Company

On Thursday, April 13, 2006 Maine welcomed home the 152<sup>nd</sup> Maintenance Company to the Augusta Armory. As the families and friends of the unit waited, the 195<sup>th</sup> Army National Guard Band played various patriotic tunes, the children played games and the adults waited, some patient and some just so excited they were beside themselves. The air was filled with emotion and anticipation. The busses ran a little later than had been expected but most seemed to really enjoy the festivities while waiting. Phones rang here and there with the updates of the location of the unit enroute. As the updates were shared with the crowd, the cheers would echo through the armory and the giggles of anticipation would rise. When the sirens of police officers escorting the busses, the playing of music from the red, white and blue limo and the 3 busses carrying our soldiers pulled into the parking lot, the cheers were louder than ever. Those moments waiting for the soldiers to enter the armory were agonizing! They entered with a warm Maine welcome with lots of cheering and excitement and were quickly released into the arms of their family and friends. We are very proud of the 152<sup>nd</sup> Maintenance Company for a job well done.

\*\*\*\*\*You got 'er done!\*\*\*\*\*

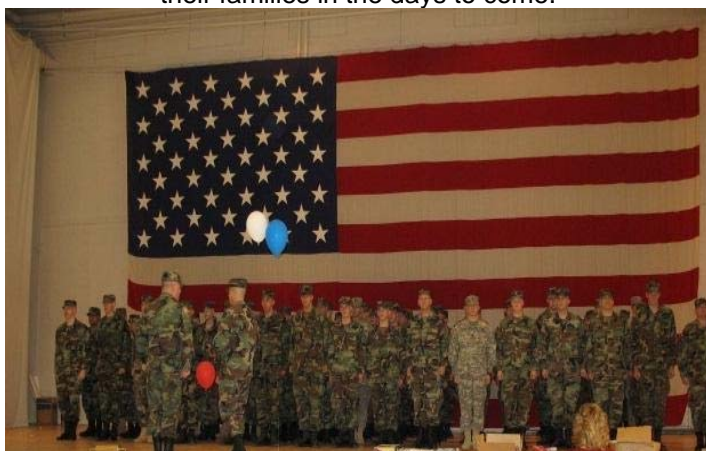


## Best Wishes Co A 1/121<sup>st</sup> FA SECFOR II



On Saturday, April 22, 2006 Maine sent the soldiers of CO A 1/121<sup>st</sup> FA off to Camp Shelby in Mississippi for training prior to deployment to Iraq. This unit is made up of a group of elite soldiers from all over the state. They had a week filled with training and bonding and ended the week with a family luncheon put on by many of the legionnaires and members of the community. The families filled the armory with laughter and tears, their hearts filled with pride for the mission their soldiers are off to face and the sadness of the days they will spend apart while their soldier serves our great country! There were several speakers with words of encouragement and pride that spoke to all the people there supporting the soldiers. The crowd cheered as the soldiers marched in formation onto the stage. The pride was definitely shining through. The time was nearing to say goodbye until we meet again. The crowd moved outside to to the busses to witness the soldiers passing the Patriot Guard Riders, waving their flags and showing their support as the soldiers boarded the busses. The tears flowed and the crowd waved as the busses pulled out of the armory.

The Patriot Guard followed the busses as they were escorted down Western Avenue all the way to Portland Jetport...just showing our guys how much they truly mean to each of us. Best wishes to CO A 1/121<sup>st</sup> SECFOR II and their families in the days to come.



## Selection Process Begins for 2006 National Guard Family Program Youth Symposium

By Rick Bach, Child & Youth Services Specialist,  
Maine National Guard Family Program

Maine will be selecting two youth representatives to attend the 2006 National Guard Youth Symposium being held in Philadelphia, Pennsylvania from July 24-26. Candidates must be between the ages of fourteen and seventeen and entering high school for the 2006-2007 school year. 2006 graduating seniors are not eligible. Each candidate must be a child or sibling of a current member of the National Guard. Further, candidates must be actively involved in family programs and maintain an above average grade point in school. To obtain more information and down-load an application, please visit the Maine National Guard Youth Program's web site at [www.maine-guardkids.com](http://www.maine-guardkids.com) or call Rick Bach at 626-4384. Completed applications must be returned no later than May 10, 2006.

Point of Contact for all Youth Events is:  
Rick Bach, Child & Youth Specialist.

You may reach him at

[Richard.Bach@us.army.mil](mailto:Richard.Bach@us.army.mil) or  
by phone at 626-4384.

All applications and details information can  
be found at the MENG Family Program  
Website at [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)



Come to Youth  
Camp 2006.....  
You'll be so glad you  
did!

The Maine National Guard Youth Camp is now accepting applications! Youth Camp is designed to offer an active, healthy environment where Guard children will grow in confidence character, and friendships with other Guard children. Activities include rappelling, archery, kayaking, confidence course, overnight bivouacs, arts & crafts, hiking and swimming. Week 1 of Youth camp for ages 9 through 12 will take place from July 9 through 15, and Week 2 will take place from July 16 through 22. The Cadet Program is for 13 and 14 year olds and will take place during the 2<sup>nd</sup> week of camp. The cost for the entire week at scenic Bog Brook Training Site in Gilead is \$50; however, we have discounts for multiple children and some scholarships for needy families. Campers and adult volunteers should down-load applications from our website.

Deadline for applications are 1 May for campers: 1 April for Junior Counselors and Adult Volunteers.

### Volunteers Needed For Camp!

It takes a lot of motivated volunteers to operate camp each year. Soldiers, Airmen, and family members all contribute greatly to the success. Below are a list of positions that are needed:

Nurse/PA  
Kitchen Staff  
Bivouac Staff

Bus Drivers  
Logistics  
Kayak instructor

Cabin Counselors  
Archery Instructors  
Day Camp Leaders

## From the Desk of the State Family Program Director

Dear Families,

The last few months have been busy ones - some joyous and others very sad. We saw our soldiers returning with the 152nd Maintenance Company and we watched many families be separated for a very long time. We did educational briefings across the state. Among all of our guard units, we had the pleasure to meet with the 399th Combat Support Hospital, the Army Reserve unit in Auburn who will be leaving our great state in June. For them and all of our other services in Maine, we want you to know that the Family Program will be here for you.

I feel I can speak for all of us in the Family Program, that it is an honor to serve our military families in Maine. When we see families enjoying themselves at events, talking with them through tough times or providing educational briefings, we feel we are fulfilling our purpose. Please know that there are people who care and want the best for you.

Volunteers try to plan events, family support group meetings, youth activities, and other educational or fun events. Please take advantage of the many benefits the military and the volunteers are offering. If you do not see any events that interest you in this newsletter, let us know. Maybe together we can plan something that would fulfill your needs.

Volunteers started this program and will continue to be the heartbeat of it. If you would like to be part of the volunteers of the Family Program, call us. There is room for every willing hand to work to make this program the best in the nation.

Thank you for allowing us to serve you.

God Bless,  
Barbara Claudel

## **Maine National Guard Youth Program Launches Web Site**

By Rick Bach, Child & Youth Services Specialist, Maine National Guard Family Program

The World Wide Web has been very helpful in providing helpful information, communication, and guidance for Guard Families. To more effectively utilize this powerful tool, the Maine National Guard Youth Program has created a Web site for Guard Youth and their families. The Youth Program's Web site includes information about up-coming events, including the Maine National Guard Youth Camp and the Teen Whitewater Rafting Trip. By clicking on the "Resources" button, Guard Youth can view articles about starting High School, deployment, and other relevant youth related issues. The "Teen Talk" button provides a venue for Guard Youth to support one another with advice and lessons they have learned. Parents can also find information on the "Parents' Page" about issues ranging from discipline to child care. Maine Guard Youth and their families are invited to visit [www.maine-guard-kids.com](http://www.maine-guard-kids.com)

## **How to Fight "Better" with Your Parents**

By Rick Bach, Child & Youth Services Specialist, Maine National Guard Family Program

Conflict, resentment, and anger occur in every relationship—especially with people with whom we spend a lot of time. We love our parents, and they love us; however, we don't always see "eye to eye" on what's best for us, what we want, and what we enjoy. Every relationship has or will have disagreements. How we work out problems with our parents is an important learning process that will help us resolve conflicts in every relationship in the future. If we can't work out problems with our parents, the odds are that we will have similar difficulties with our friends, "sweethearts," and eventual spouses. So how can we better manage disagreements?

First, get rid of negative communication. Has anyone ever criticized your opinions or feelings? Have you ever been the victim of accusations, name calling, or insensitivity? Do you remember how you felt? These communication styles will devastate a relationship; therefore, let us not be guilty of sabotaging our lines of communication.

Second, improve your listening skills. I must confess that sometimes when I'm talking with my parents, I'm spending my time preparing for what I'm going to say next. Positive communication requires that we genuinely attempt to understand the other person's point of view. We must allow our parents to speak without interrupting them. We shouldn't "read into" their words by assuming what they meant. Better to ask questions like "Is this what you are saying?" Or paraphrase what they just said by summarizing, "What I hear you saying is . . ." These techniques help us to avoid misunderstandings and demonstrate a genuine attempt to understand.

Third, improve your speaking skills. Start a sentence by saying, "I think . . ." or "I would like . . ." or "I feel . . ." These beginning statements help us avoid accusations or invitations to fight. Talk about your feelings. For example, "I felt sad/hurt/upset/angry when. . ." Focus on the issue, not your parents personally. We don't want to attack our parents' thoughts, feelings, actions, or worth. Remember that the goal of resolving conflicts is to work out differences, decisions, and compromise. Our goal will never be attained by put-downs, accusations, and rejections.

The principles in this article will not solve all your problems with your parents. These lessons, however, can help us work out problems without negative feelings, frustrations, and bitterness. Applying these tools in any relationship can help turn disagreements into opportunities to grow stronger and closer. So fight "better"!

## **Teen White Water Rafting Trip**

June 28-30

Join us for a three-day adventure of whitewater rafting down the Kennebec, teambuilding games, delicious food (bugs not included), and lots of fun. Cost is only \$40. Applications and more details will be on the website, <http://www.me.ngb.army.mil/family/Youth/Youth%20events.htm>

**1-888-365-9287 Family Assistance Center**  
**Available to you 24 hours a day, 7 days a week.**

## **Dependent Scholarship Opportunity**

### **ThanksUSA Announces Scholarship Availability**

By Evan Omerso

ThanksUSA is a nonprofit, nonpartisan organization based in Washington, DC, designed to support the families of military personnel by providing scholarship awards to children and spouses of active duty troops. Recipients may use the awards—which can run up to \$5,000—to enroll in any accredited two- or four-year college, technical school, university, or vocational school.

The scholarship application period began April 1, 2006, and the postmark deadline is May 30, 2006 (or until 3,000 applications are received). Notification of awards will be made in July 2006. For applications or more information, please visit the [ThanksUSA website](#).

## **Did you know there is a place to look for money that may belong to you?**

Good afternoon all,  
Here are two pieces of info that may put money in your pocket. I have tried both of these and they work. <http://unclaimed.org>, You sign on and put in your name and cities you have lived in. If the site finds a match you fill out an online form with more info and that opens a claim number for you. You will then get a response from that state advising you of the details of your claim.

The other site I tried is:

Be sure to try all versions of your name and address- maiden name, married name, every address you ever lived at. By law you are now entitled to a free annual credit report from the 3 big credit agencies. To get your report go to: <https://www.annualcreditreport.com> you do need to fill out info for each of the three agencies, but it's worth it. I found open accounts that I had not used since the 80's- I called and cancelled all but the three I actually use. Too many open accounts does count against your credit score.

- As others touch our lives, so do we touch theirs, be gentle even when they are not.
- Be kind, for everyone you meet is fighting a hard battle.
- Only the best behavior is good enough for daily use in the home.

## **Pandemic Flu Planning Checklist**

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:
  - Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
  - Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
  - Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
2. To limit the spread of germs and prevent infection:
  - Teach your children to wash hands frequently with soap and water, and model the correct behavior.
  - Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
  - Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.
3. Items to have on hand for an extended stay at home:

### **Examples of food and non-perishables**

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

### **Examples of medical, health, and emergency supplies**

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrhea medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

The ability of the Maine National Guard to respond to the Governor's call during a pandemic is directly proportional to the availability of its members. Prepare now to lessen the impact of a pandemic on you and your family and ensure your availability to serve the citizens of Maine.



## Mark your calendar

There are events happening around the state sponsored by different units or groups. We are all in this together and everyone is welcome to attend whatever is convenient for you!



### Augusta Area

**Thursday, May 4<sup>th</sup> – Prayer Breakfast** – 6:45 - 8:30 am at the Augusta Armory

There is a \$6-\$7 cost for the breakfast buffet. There will be a guest speaker: Andrea Thompson McCall who is the USM Interfaith Chaplain.

**Saturday, May 6<sup>th</sup> – Family Support Group Meeting** 1 pm at the Maine General Hospital Seton Unit. If you have any questions, please call Ruth Lachapelle at 634-4584.

**Thursday – Saturday, May 11-13<sup>th</sup> - World's Largest Case Lot Sale** - Brunswick Naval Air Station Commissary

**Thursday, May 18<sup>th</sup> – Heart to Heart Support Group** – 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the Nazarene at 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.

**Friday, May 19<sup>th</sup> – Kennebec Valley Teens – Sea Dog Game** – 7 pm game. We will be leaving the Augusta Armory at 5:30 pm. Transportation will be provided but you must call Slater first to confirm attendance no later than 12 May. The cost of the game is \$15. Please call Slater at 441-0444 or 582-9161.

**Sunday, May 21<sup>st</sup> - Multi-Media Art Program** - 1 - 3 p.m. Augusta Armory, this will be a series of art classes for ages 6 - 18 where you will learn skills and enjoy time together. We will be using charcoal, water colors, acrylics, and canvas work. At the end of each 6 week series, there will be a gallery showing. This is open all military kids and is a free program. Please email [melissaa@suscom-maine.net](mailto:melissaa@suscom-maine.net) to reserve your space no later than 13 May 06. Future dates will be 4 June, 18 June, same place, same time...

**Sunday, June 4th Happy Mother/Father's Events** – 2 pm-4 pm Come and make a pillow case to send to your Mom or Dad for their special day. We will take your picture, put it on a cool design, you can decorate it and send it to your parent. You should wear icky clothes that you don't mind getting paint on. Email [mefacpublic@me.ngb.army.mil](mailto:mefacpublic@me.ngb.army.mil) no later than 28 May to reserve your space so that we are sure to have appropriate supplies.

**Saturday, June 10<sup>th</sup> – Kennebec Valley Teens – Kayak on the Kennebec** – Please let Slater know if you need a kayak or have one of your own. Please RSVP by June 2nd to Slater at 441-0444 or 582-9161. More information will come to you in the mail!

**Thursday, June 15<sup>th</sup> – Heart to Heart Support Group** – 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the 30 Nazarene on 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.

**Tuesday, July 4<sup>th</sup> – Kennebec Valley Teens - Augusta 4<sup>th</sup> of July Parade** – We will be creating a float for participation in the parade. Let's show our pride of our families serving our great nation. More information will come to you in the mail.

### Bangor Area

**Thursday, Saturday, May 11<sup>th</sup> - 13<sup>th</sup> – World's Largest Case Lot Sale** - Bangor Air National Guard Base Commissary

**Saturday, May 20<sup>th</sup> – Family Support Group Meeting** – 1 pm at the AFRC. If you have questions, please contact Ruth Lachapelle at 634-4584.

## Calais Area

**Monday, May 1<sup>st</sup> – Family Support Group Meeting** – Come join us for fellowship with snacks at 5:30 pm and a support group meeting beginning at 6 pm at the Calais Armory.

**Mother's Day** – This will be an event for the children to come together to do and make something for their moms. The date for this event is yet to be determined, but it will be put out soon. For more information contact Deb at [Momprovencher@yahoo.com](mailto:Momprovencher@yahoo.com) or telephone: (207)454-8733.

**Saturday, May 20<sup>th</sup> – Candle Light Vigil** at a beach in Eastport. Please mark your calendars to join us. We will be putting out more information on this.

**Monday, June 5<sup>th</sup> – Family Support Group Meeting** – Come join us for fellowship with snacks at 5:30 pm and a support group meeting beginning at 6 pm at the Calais Armory. Anyone who cares about a soldier, regardless

**Father's Day** – This will be an event for the children to come together to do and make something for their dads. The date for this event is yet to be determined, but it will be put out soon. For more information contact Deb at [Momprovencher@yahoo.com](mailto:Momprovencher@yahoo.com) or telephone: (207)454-8733.

## Caribou Area

**Saturday, May 20<sup>th</sup> & 21<sup>st</sup>** - The Family Readiness Program is participating in the Caribou City Wide **Yard Sale**. The sale will be at the Caribou Armory on May 20 and 21 from 9 am to 4 pm daily. Volunteers are needed. Donated items for the sale can be dropped off at the Caribou Armory beginning May 17. For more information call Gerald at 650-9110.

**Sunday, May 21<sup>st</sup> – Family Readiness Support Group Meeting**, 2 pm at the Caribou Armory. We will be packing boxes to send to our deployed soldiers – if you have something to mail (cards, letters, cookies, etc.) – please bring items in and enjoy the company of deployed family members as we prepare packages for mailing.

**Saturday, June 24<sup>th</sup> – Annual Family Picnic** – Mark your calendar for this fun filled event. There will be more information to come soon.

## Lewiston/Auburn Area

**Saturday, June 10<sup>th</sup> – Family Meeting & Craft/Scrapbooking Night** 6:30 pm - Lewiston Armory. Please call Priscilla Hebert at 966-2900 if you are interested on attending.

## Portland Area

**Wednesday, May 10<sup>th</sup> - Heart to Heart Group Meeting** – 6 - 8 pm at the Portland Armory – Call Linda Newbegin at 650-2796 if you are planning on attending. These support groups are open to anyone who cares about a soldier, regardless of service or unit. We encourage all to come together and share your experiences and support for one another.

## Presque Isle

**Thursday, May 4<sup>th</sup> – Shrine Circus** – 7pm at the Presque Isle Forum, call the FAC at 1-888-365-9287 to reserve free tickets for military families.

**Brunswick Naval Air Station has some great benefits that any military family can take advantage of. Trips, tickets, events are all open to you! Check out the Moosetracks, their newsletter, which we post to the MENG family website for your convenience**

## A Time to Say Thanks for all that you've done for your unit!

Len Hanson, UVC for Calais, has decided to resign from his position. He joined the FA's Family Readiness Program in July, 2004. While serving as UVC, Len and his team of volunteers held numerous activities and provided outstanding support to their unit families. His prior military service and deployment experiences were an invaluable asset during the 152 Forward deployment. **Thank You**, Len, for your dedication to and support of the Maine National Guard Family Program. We appreciate all you have done and continue to do as a unit volunteer.

Deb Hanson has been appointed as the Calais UVC and will take over the day-to-day FRG operation. **Welcome, Deb, to the FA's Family Readiness Team!!** We look forward to working with you. Deb can be contacted by email at: [momprovencher@yahoo.com](mailto:momprovencher@yahoo.com)

1/152<sup>nd</sup> Field Artillery Family Readiness Program  
Lisa Nichols, Battalion Coordinator

To LT Chris Elgee:

"While my dad was deployed overseas, Chris Elgee gave his time to go on my Boy Scout camping trip in my fathers place. During this trip Elgee was very involved in the activities we did. During this 3 day weekend, Chris helped make model rockets that later we set off. I really enjoyed having Chris with us on this camping trip. Thank you Chris", from Trevor Emonds

The assistant scout master said that LT. Elgee "fit right in and did a great job with the troop, you would have thought that he was one of us".

I would like to add also that LT Elgee was very supportive, worked great with the families, kept us all on track and was the one who made things happen. Sharon, Lynn and I could not have done our jobs if it was not for him. Thank you, LT. Elgee for going above and beyond for the 152nd families.

Linda Emonds  
152<sup>nd</sup> Maintenance Company Unit Volunteer Coordinator



## Mailing Addresses of Deployed Maine Army National Guard Units

### Mountain Company

Soldier's Rank & Name  
B Co 3/172<sup>nd</sup> Inf (MTN)  
APO AE 09331

### 3rd Platoon

Soldier's Rank & Name  
Log Base Seitz  
B Btry 1/377 ABFAR 18<sup>th</sup> CSG  
APO AE 09342

### G Co 126th

Soldier's Rank & Name  
Task Force No Mercy  
G 126<sup>th</sup> AVN FOB Sykes  
APO AE 09379

### 240<sup>th</sup> Group

Soldier's Rank & Name  
HHC 240<sup>th</sup> Engr Group  
CTF Chamberlain  
APO AE 09354

### Co A 1/121<sup>st</sup> SECFOR II

Soldier's Rank & Name  
Alpha Company, 1-121st FA BN  
1001 Lee Avenue  
Camp Shelby, MS 39407-5500

A letter can touch the heart like no other. Take the time to let your family member know how very much they mean. Those are the special things in life...when someone takes the time to make someone else feel special.

# Unit Spotlights

Co G, 126<sup>th</sup> Avn Co

Kelley Curtis – Unit Volunteer Coordinator

We are in the process of planning a tour of our newly constructed Aviation Flight Facility for family members of the deployed soldiers in the near future. There have been a lot of changes since their last visit during the company's send off last year. The Operations Building and one of the hangers were under construction at the time. We are planning our annual Family Day events for the rest of the 126th soldiers, who were not deployed, and the 112th Medical Co. (Air Amb) at the present time. The Family Day will take place in August, that we do know. The deployed soldier's family members will also be invited.

Mission First, Families Always,  
1SG Steve Curtis

240<sup>th</sup> Engr Group

CPT Scott Lewis – Rear Detachment Commander

- Most of the troops are in theater and learning their respective jobs. Based on the messages I have been receiving the Group will be very busy. The Group has 83 soldiers and they are replacing approximately 125 troops. The mission has changed a little but the soldiers will be very busy and time will go fast. Time will go fast for the troops but not so fast for the families.
- Several people within the Family Group have come forward and expressed an interest in coordinating events and taking the lead on Support Group functions. This is great news! The Support Group is for the Families and will be a great way to communicate and vent with people that can truly relate to what you are going through.
- The Rear Detachment will be planning a 240th Engineer Group Summer Picnic for the weekend of 5-6 August.
- I would like to recognize Michelle Fate for her volunteer effort. She put's in many hours in addition to her full-time job and is working hard to establish the Family Support Group for the 240th.

Communication Tool: Did you know the 240<sup>th</sup> group has an internet communication board? The board is called the 240<sup>th</sup> Maine Homefire Keepers. If you are a direct family member or supporter of a member of the 240<sup>th</sup> group, you can contact Lori Scott who is an administrator for the board for the information to sign on. Her contact information is: [scottranch@pivot.net](mailto:scottranch@pivot.net) or telephone: (207) 293-4447.



From left to right is MAJ Weston LTC Russ, LTC Gibson and the 240<sup>th</sup> translator who goes by "Softy".  
The 240<sup>th</sup> is doing great things, here is a picture showing the spirit of our soldiers!



## 152<sup>nd</sup> Maintenance Co Sharon Rideout – Unit Volunteer Coordinator

Welcome Home to the 152nd Maintenance Company and all who deployed with them. What a joyous day Thursday was! And isn't it great that our kids have school vacation this week? Talk about perfect timing!

It has been a pleasure to keep in touch with families during the deployment. It was comforting to me personally to talk with wives and moms who knew exactly what I was going through. Thank you for your candor and kindness. I feel like I have made friends for a lifetime.

I have not scheduled any Family Support Group Meetings, but I will certainly reconsider if there is interest. Please give me a call at 848-2914.

The next time we will see each other will probably be at the Freedom Salute. This is a formal ceremony to honor the Maintenance Company and the soldiers who deployed with them. It is tentatively scheduled for August. I look forward to seeing you then. In the meantime, have a great summer!

## Linda Emonds – Unit Volunteer Coordinator

"It is so great to have our soldiers home. It has been a long haul and we can now say that, we survived the deployment. I look back and cannot even believe that it has been a total of 15 months, now it appears that it flew by. I am so very proud of our 152nd soldiers and their accomplishments, but I am just as proud of the families. You, the families hung in there and kept going forward. Great job to all! I have so enjoyed meeting so many of you and hope to see you at our next get together. I do hope that all is going well during the reunion. Don't forget the information we received at our reunion briefings. When things are a little different or weird, just reflect back and if you need reassurance or have questions don't hesitate to call one of the numbers from the contact sheet we were given or just call the FAC for the number. Take care and will see you all soon. Linda Emonds

## 152<sup>nd</sup> Field Artillery Len Hanson – Unit Volunteer Coordinator



### News from the 152<sup>nd</sup> FA Calais

With young men deploying in January, more leaving here in April we are "getting it back into gear". Meeting the 1<sup>st</sup> Monday of each month, at the Armory at 5:30 (snacks & fellowship) with meeting to follow at 6:00 pm. Next meeting 1 May. Events coming up are Mother's Day in May – planning an event for kids "to do and make something nice for Mom's), also have a candle light vigil on 20 May at a beach in Eastport.....more precise plans coming for this...contact us if you would like info on participating in this or any of our events. In June a "Flat Daddy" party for Father's day. In July we are gearing up for our (seemingly) annual 4<sup>th</sup> of July Float in Eastport.... 2<sup>nd</sup> last two years....going to it all this year....with soldiers going in so many different directions we are glad to welcome back Sgt Luke Putnam who was deployed with the 152<sup>nd</sup> Maintenance.... Are we picnicking after the float in Eastport again this year? Do you have someone special deployed and would you like to ride our float with his or her picture with you.....if you would like to be a part of us...you are certainly welcome.... Regretfully, I am turning over my position as the UVC to Deb Hanson (SPC Hanson's wife)...I will still be active and help any way I can, but it's a great time to turn this over to young, enthusiastic families to take our FSG to the NEXT level.... What a great time it has been... thanks to all the families and the soldiers for their support... my thanks to LTC McFarland for his assistance and support during the FWD deployment....and a tremendous thanks to 1stSgt Lord the FWD 1stSgt for the deployment....our frequent communications was a significant part of the success of this FSG...family welfare, soldier welfare, problem solving at both ends as well as rumor control were all well in hand because of his willingness to work with us.

Semper fi,

Len Hanson  
[Bigbear2@midmaine.com](mailto:Bigbear2@midmaine.com)

Deb Hanson  
[Momprovencher@yahoo.com](mailto:Momprovencher@yahoo.com)

DVEM

Attn: Family Program Office

State House Station #33

Augusta, ME 04333-0033



Comments or suggestions for upcoming newsletter features may be directed to:

Jen Benson  
Family Readiness Assistant  
Jen.Benson@us.army.mil  
1-800-581-9989, or 430-2132.  
DVEM, Attn: DPA-FP  
State House Station #33  
Augusta, Maine 04333-0033

### **MILITARY ONE SOURCE**

Military OneSource is a 24-hour, seven-days-a-week, toll free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Military OneSource provides information ranging from every day concerns to deployment /reintegration issues. Additionally, if there is a need for face-to-face counseling Military OneSource can provide a referral for six sessions per issue with professional civilian counselors at no cost to the military or family member (please note in-person counseling is only available in the United States and Puerto Rico). Overseas, Military OneSource can help access those existing services provided through the Medical Treatment Facilities.

In addition, Military OneSource offers a web-site at [www.militaryonesource.com](http://www.militaryonesource.com) (user id: military; password: onesource) for information on a variety of topics and issues. Users may use the Website to order educational materials (booklets, cds, etc.) at no charge and access consultants on-line on a 24/7 basis.

Stateside: 1-800-342-9647

Overseas only: access code,\*800-3429-6477

Overseas deployed or in remote areas can call collect: 1-484-530-5908

\*Use access code before dialing the toll free number. Access codes can be found at "Contact us"

[www.militaryonesource.com](http://www.militaryonesource.com)

User ID: military Password: onesource

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-679